

ASUHAN GIZI TERSTANDAR PADA PASIEN DENGAN *SEPTICAEMIA POST SECTIO CAESAREA* DAN *CHOLECYSTITIS* DI RUANG RAWAT INAP HCU OBGYN RSUD Dr. SOETOMO SURABAYA

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**ABSTRAK**

**Latar Belakang:** *Sectio Caesarea* (SC) merupakan prosedur persalinan yang semakin meningkat di Indonesia dan memiliki risiko komplikasi yang lebih tinggi dibandingkan persalinan pervaginam, termasuk infeksi pascaoperasi, septicaemia dan cholecystitis. Risiko ini meningkat pada pasien dengan indikasi SC darurat seperti *fetal distress*. Kondisi kompleks pada pasien memerlukan pelayanan gizi yang komprehensif dan terstandar melalui PAGT yang dilakukan untuk mendukung stabilitas metabolik dan mempercepat proses penyembuhan.

**Tujuan:** Mengetahui pelaksanaan proses asuhan gizi terstandar pada pasien *septicaemia post SC* dan *cholecystitis* di ruang rawat inap HCU Obgyn RSUD Dr. Soetomo Surabaya.

**Metode:** Penelitian ini menggunakan rancangan kualitatif deskriptif berbentuk studi kasus dengan data primer dan sekunder yang disajikan dalam narasi dan tabel.

**Hasil:** Skrining gizi menunjukkan status gizi kurang berdasarkan SGA dan %LLA sebesar 73,5%. Data biokimia memperlihatkan adanya gangguan hematologis yaitu anemia, gangguan hepatobilier yaitu *cholecystitis*, dan infeksi yang sejalan dengan kondisi septicaemia pasien. Pada fisik klinis, tanda vital pasien termasuk dalam kategori normal namun terdapat gangguan gastrointestinal. Hasil USG pasien menunjukkan kondisi *cholecystitis* serta pemeriksaan kultur darah menunjukkan kondisi septicaemia. Diagnosis gizi yang ditegakkan yaitu NI-2.1, NI-5.3, NC-1.4, NC-2.2, dan NB-1.2. Intervensi berupa diet TETPRL melalui jalur oral serta edukasi gizi keluarga. Selama tiga hari monitoring belum terjadi perubahan status gizi, dan kondisi klinis tetap baik.

**Kesimpulan :** Penerapan asuhan gizi terstandar pada pasien dapat membantu menjaga kestabilan status gizi serta kondisi fisik/klinis pada pasien. Intervensi gizi TETPRL dan edukasi keluarga merupakan bagian penting.

**Kata Kunci :** *Septicaemia, Post Sectio Caesarea, Cholecystitis, Asuhan Gizi, Diet TETP RL*

STANDARDIZED NUTRITION CARE IN A PATIENT WITH SEPTICEMIA POST  
CESAREAN SECTION AND CHOLECYSTITIS IN THE HCU OBGYN INPATIENT  
WARD OF DR. SOETOMO REGIONAL GENERAL HOSPITAL, SURABAYA

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### ABSTRACT

**Background:** Sectio Caesarea (SC) is increasingly performed in Indonesia and is associated with a higher risk of complications compared to vaginal delivery. These complications include postoperative infection, septicaemia, cholecystitis, and normochromic normocytic anemia, particularly in emergency SC cases such as those caused by fetal distress. Patients with multiple comorbid conditions require comprehensive and structured nutritional management. The Nutrition Care Process (NCP) plays an important role in maintaining metabolic stability and supporting recovery during hospitalization.

**Objective:** This study aimed to describe the implementation of a standardized Nutrition Care Process in a septicaemia post sectio caesarea and cholecystitis treated in the HCU Obgyn ward of Dr. Soetomo General Hospital, Surabaya.

**Methods:** A descriptive qualitative case study design was used. Data were obtained from medical records, interviews with the patient and family, and direct clinical observations. The data were analyzed descriptively and presented in narrative form.

**Results:** Nutritional screening indicated undernutrition based on the Subjective Global Assessment (SGA) and a mid upper arm circumference percentage of 72.7%. Biochemical findings showed anemia, hepatobiliary disturbances consistent with cholecystitis, and infection markers supporting septicaemia. The established nutrition diagnosis was NI-2.1, NI-5.3, NC-1.4, NC-2.2, dan NB-1.2. Vital signs were stable, although gastrointestinal disturbances were observed. Nutritional intervention included an oral high-energy, high-protein, low-fat diet and family nutrition education. During three days of monitoring, nutritional status remained unchanged and clinical condition stayed stable.

**Conclusion:** The implementation of standardized NCP helped maintain nutritional status and clinical stability.

**Keywords:** Septicaemia, Post Sectio Caesarea, Cholecystitis, Nutrition Care Process